1 news

Woman testifies she fought Pickton off

Defence successfully argued woman prone to hallucinations and paranoia, and addicted to drugs Pickton's seized clothes later found to contain DNA of two dead women

While Robert William Pickton jurors heard horrifying tales during his yearlong trial, they did not hear the full story.

After the publication bans on evidence from his preliminary hearing were lifted yesterday, media can report on the woman who said she got away.

In 1997, a woman got into Pickton's car and went out with him to the farm in Port Coquitlam in exchange for $100.

She testified at the preliminary hearing that after they had sex, Pickton came up behind her and slipped a handcuff onto one of her wrists.

She grabbed a knife and slashed him across the neck and arm before bolting out of the house.

The woman, whose name is banned from publication, was taken to hospital with life-threatening stab wounds by a couple driving down a nearby road.

She was still holding the knife and the handcuff was still on her wrist.

Pickton arrived later at the same hospital and a key was found in his clothes.

The key matched the woman's handcuff.

Pickton was later charged with attempted murder, but the charges were stayed.

The woman's story was never told at trial in part because the defence argued she was completely unbelievable.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ A locked chain link fence surrounds the Pickton farm in Port Coquitlam in this 2007 photo.

Women's DNA was on meat

Jurors in the Pickton murder trial were told the bones and blood of all six women he killed were found scattered around the farm.

But they didn't hear that in the freezer was packaged meat with traces of human DNA. The meat had been processed for human consumption.

"It's very disturbing to think about, but (there is) the possibility of some cross-contamination," B.C.'s Provincial Health Officer Dr. Perry Kendall testified during the preliminary hearings.

The DNA matched two of the women Pickton was charged with killing, Cindy Feliks and Inga Hall.

THE CANADIAN PRESS

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Whale-watching premiers get themselves soaked in Churchill, Man. Video at metronews.ca/canada

Follow us on Twitter @vancouvermetro

Workplace porn surfers likely 'think they can get away with it': Experts

People surf for porn at work because at home there's a chance their partners would find out, according to University of B.C. psychology professor Del Paulhus.

"They probably assume that their bosses don't care that much," Paulhus said. "After all, the total amount of time spent on social network sites at work is far greater."

75 About 75 per cent of North American men and 54 per cent of women view porn on the Internet, according to Prof. Del Paulhus.

Over the last few months, 13 UBC employees have been caught surfing for porn on the job and suspended for 10 days.

Marelize Swart, a psychologist with advanced training in Human Sexuality, said she agrees.

"I don't think they're addicted (to porn)," she said. "But (these people) think they can get away with it."

VANESSA YEE

BREATHING NOT-SO-EASY

Air quality in area hits a low

Air quality in Metro Vancouver dropped to the worst levels yet this summer, according to health officials who blamed the hundred of wildfires raging in the B.C. Interior.

Elevated levels of fine soot were detected by monitoring stations throughout the region.

Metro Vancouver air quality planner Laurie Bates-Frymel said it may take days before there's an improvement: "If we get rain as predicted (on the weekend), it will clean things out, but it will still be spotty for a while." She added elderly people, infants or those with respiratory conditions should stay indoors.

JENNIFER O'CALLAGHAN

Housing market stable?

- Almost 1,000 fewer new housing listings in July compared to last year
- Average realtor-sold in Vancouver area stays on the market for 45 days

NATASHA POON
VANCOUVER@METRONEWS.CA

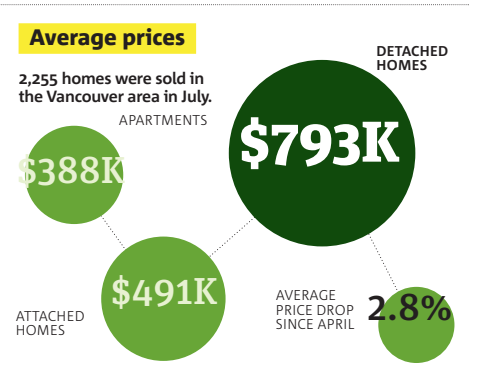
High prices led to fewer homes being sold in the Vancouver area last month, according to the Real Estate Board of Greater Vancouver (REBGV).

The benchmark price for all homes was $577,074 — a 9.1 per cent increase from July 2009, but a slight decrease from the spring.

Compared to the same time last year, 45.2 per cent fewer properties were sold in July of this year.

Jake Moldowan, REBGV president, said that the market is shifting toward buyers.

For more local news, check out metronews.ca



Propeller problem blamed for ferry crash

A mechanical problem is being blamed for an accident that saw a B.C. ferry ram a dock in the Gulf Islands north of Victoria, injuring four passengers and a crew member.

B.C. Ferry spokeswoman Deborah Marshall said engineers inspecting the ship after Tuesday's crash found two steel dowels had dropped out of the securing mechanism on an oil distribution box.

She said that made the propeller inoperable, meaning the captain of the Queen of Nanaimo had no control as the ferry approached the dock at Mayne Island.

About 15 metres of rope was found wrapped around the propellers after the vessel hit the dock and Marshall said the rope may have created vibration which could have loosened the dowels, but the dowels themselves caused the accident.

THE CANADIAN PRESS

On the mend

- Repairs to the ferry are being made, but it's not expected the Queen of Nanaimo will return to service until tomorrow.
- One person suffered a concussion and another had rib injuries as a result of the crash.

News in brief

Pride Parade was the 32nd

CORRECTION. The 2010 Pride Parade was the 32nd annual march through downtown Vancouver, not 27th as reported on Tuesday.

Metro regrets the error.

METRO VANCOUVER

Fog hampers rescue efforts

ISLAND. Fog is the latest enemy in the effort to find four people missing since Monday in waters off the northwest tip of Vancouver Island.

Planes and ships searched yesterday in poor visibility.

THE CANADIAN PRESS

Army hunts for 'Afghan villagers' in Burnaby mall

About 30 lined up for casting call Actors filled out forms, underwent security checks, had photos taken

JEFF HODSON
@METRONEWS.CA

Nazima Karimi-Seraj has had an exciting couple of years. She's accompanied Canadian troops on patrol through Afghan villages and even served a (very) short term as Afghanistan's minister of education.

She's done so without having to leave Northern Alberta.

Looking to minimize casualties and foster understanding between its forces and Afghan people it's trying to protect, Canada's military has turned to the bright lights and movie magic of Hollywood North for help creating Afghan villages on the Canadian Prairies.

Karimi-Seraj, an Afghan, has participated in 10 military training sessions over the past three years. In that time she's played an interpreter and a government minister.

"It saves lives," Karimi-Seraj said. "It gives you a boost to know that you're contributing to the cause. And it brings down the casualties on the civilian and military side."

Rhonda Fisekci, a Calgary-based casting director, held an open casting call at the Holiday Inn at Metrotown yesterday. She was looking for Afghan men and women to play villagers, leaders, mullahs, interpreters and police chiefs.

She was also looking for amputees of any ethnicity for "heavy casualty" exercises.

Visa payWave
speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Khalid Rahimi, 24, in Burnaby yesterday at the open casting call for people to play villagers in a mock Afghan village.

No weapons or live fire is used.

"A lot of the people are very patriotic," said Fisekci, who expanded her search to Vancouver because bigger training sessions are planned and the pool of actors in Alberta is finite.

"They're doing it because they want their country to be safe. They're doing it to help the Canadians ... and let's face it, it's not a bad paycheque."

If booked, actors make $195 to $290 a day. The sessions run from eight to 25 days at the Canadian Forces base at Wainwright, Alta.

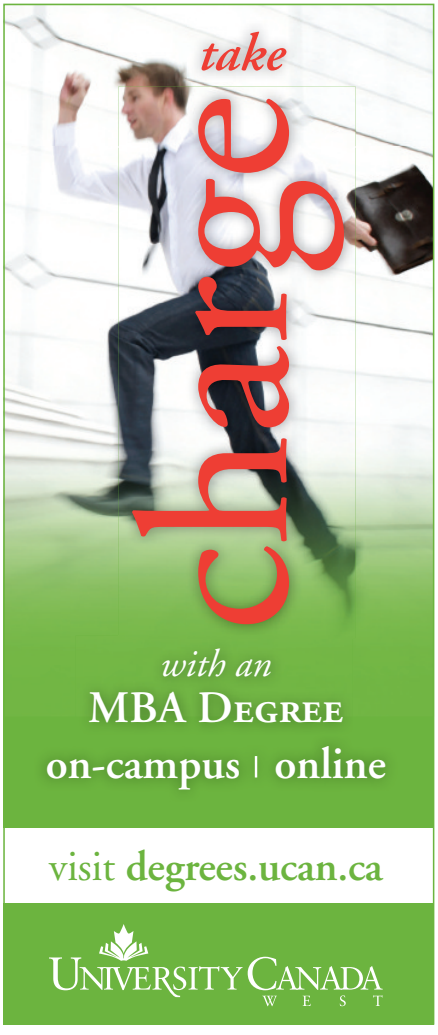
Fisekci said the British and U.S. forces found such training exercises significantly reduced civilian and military casualty rates.

"It drastically reduced the numbers because they were able to diffuse situations and handle situations in an informed way."

Ramini Amiri, 24, was among those at yesterday's casting call with friend Khalid Rahimi.

Amiri was young when he left his country and saw the experience as a way to learn more about Afghanistan.

"It'll be a very good experience," said Amiri, a loan-prevention officer who hopes to pursue a career in policing. "I deal with people. I enjoy working with people."



Prime time time machine.

Record 3 shows at once with 1 PVR and make prime time anytime.

Get a FREE HD PVR rental when you sign up*

PLUS $20 off any Optik™ TV package for 3 months†

Get it all on the new TELUS Fibre Optic Network.‡

TELUS
the future is friendly®

Call 310-MYTV (6988) or visit telus.com/optiktv or your nearest TELUS authorized dealer.

*Offer available on a 3 year Optik TV service agreement until November 9, 2010, to residential clients who have not subscribed within the past 90 days to Optik TV service. TELUS Home Phone or High Speed Internet service required. †New TV clients receive $20 off the regular price in months 1, 2 and 3. ‡Fibre optics may service all or part of your network connection, depending on location. Network logos and names are trademarks of their respective owners. TELUS, the TELUS logo, Optik and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2010 TELUS.

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

G4S Secure Solutions (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST
Operations Dept
fax
604-609-0309

10 Full Time Positions Available
Average $600-$1000/week
10 F/T positions
Opportunity for rapid growth and advancement.
No experience.
Training provided.
Call for an interview
604-451-4466
summittenergy.ca

$81 fine for folks flicking butts on road, RCMP warn

B.C. under-budgeted cost of forest-fire fighting by $896 million since 2002, NDP says ◆ A fifth of province's 400 fires burning now are caused by humans

JEFF HODSON
@METRONEWS.CA

RCMP in the Interior are warning motorists to not flick their smouldering cigarette butts out the window while cruising along B.C. highways because of fears that it will spark a wildfire.

"The number of forest fires in our province is increasing and crews are already busy trying to control and extinguish these fires," Prince George RCMP Const. Lesley Smith, said in a press release yesterday.

She added RCMP would issue littering fines of $81 for people caught flicking their butts.

About 400 wildfires are burning in B.C. and about a fifth of those are human caused, according to the province's Wildfire Management Branch.

"It happens every year," said Gwen Eamer. a fire information officer in Kamloops. "We see fires started along highways and some are caused by cigarettes thrown out the window."

Roadsides are often covered in long dry grass, which could ignite easier than forested areas, she added.

Drawing the line

Forest fires in B.C. increasing, say RCMP

- **Penalties** In B.C., penalties for starting a wildfire range from $10,000 to $1 million, plus the cost of fighting the fire and the possibility of a jail sentence of up to three years.
- **Costly campfire** During a campfire ban, every person found hanging around the fire can be fined $345.

UNIVERSITY OF VICTORIA

Court reprieves rabbits

The University of Victoria's ubiquitous wild bunnies have temporarily escaped a death sentence after the B.C. Supreme Court yesterday ordered a halt to a planned cull.

The rabbits have been mating like, well, rabbits on campus and school officials planned to cull some of the 16,000 animals.

Gino Schifrin is a student spokesperson for the Coalition of Rabbit Organizations.

He said the group has received offers of new homes for the animals from as far away as Coombs, B.C., and Texas.

KRISTEN THOMPSON

Elephants out of final circus shows

A circus travelling through 14 B.C. communities was forced by the provincial government to stop including three Asian elephants in their final two performances.

The animals with Jordan World Circus did not have permits as required under new exotic animals legislation, the B.C. SPCA said.

METRO VANCOUVER

Fish adapt to cooler water: Study

UBC researchers say they have discovered one of the fastest evolutionary responses ever recorded in wild populations.

In three generations (three years), stickleback fish developed a tolerance for water temperature 2.5 C cooler than their forebears — evidence that evolution may help populations survive climate change.

JEFF HODSON

VANCOUVER CAREER COLLEGE

From here.
To career.

The Shortest Path To A Business Career

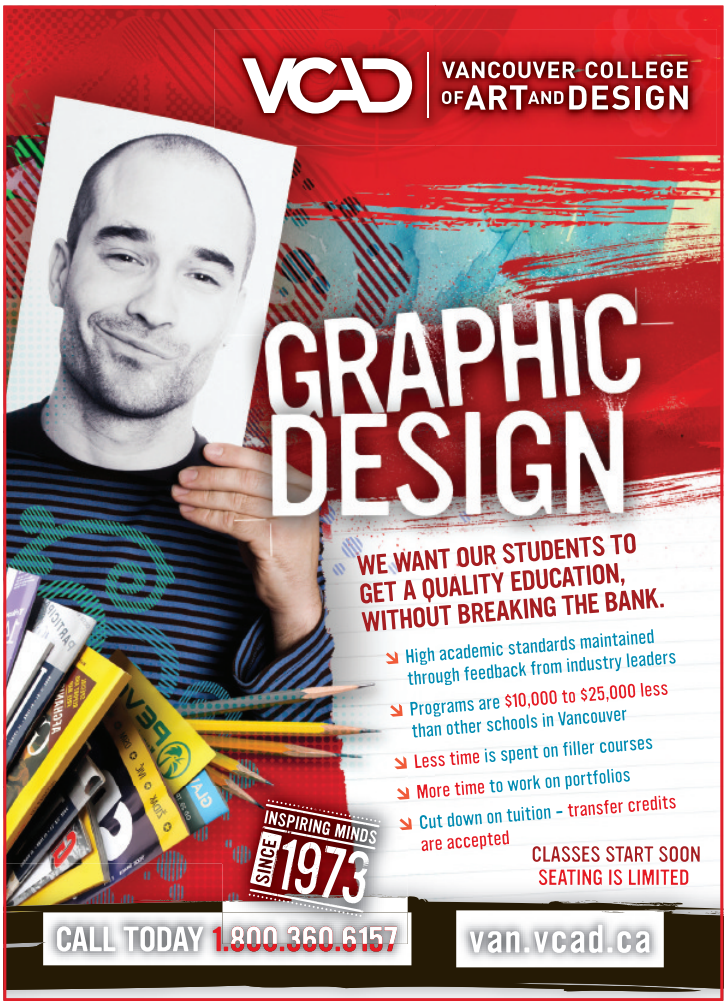
Train today for:
- Paralegal
- Legal Administrative Assistant
- Accounting & Payroll Admin
- Human Resources Professional
- Business Admin / E-Commerce Management
- Hospitality Management

INFO NIGHT AUG 10TH
Learn more about Paralegal and Legal Administration careers, with presentations from industry professionals!
Date: Tuesday, August 10th
Time: 6.30 - 8.30 PM
RSVP at: learn.vccollege.ca

Step into the career you've been dreaming of. Call today.

learn.vccollege.ca ✭ 1.866.306.6766

VCAD | VANCOUVER COLLEGE OF ART AND DESIGN



GRAPHIC DESIGN

WE WANT OUR STUDENTS TO GET A QUALITY EDUCATION, WITHOUT BREAKING THE BANK.

- High academic standards maintained through feedback from industry leaders
- Programs are $10,000 to $25,000 less than other schools in Vancouver
- Less time is spent on filler courses
- More time to work on portfolios
- Cut down on tuition – transfer credits are accepted

INSPIRING MINDS SINCE 1973
CLASSES START SOON
SEATING IS LIMITED
CALL TODAY 1.800.360.6157
van.vcad.ca

Khadr gets a stay of extradition

- Judge says Abdullah Khadr suffered physical abuse while detained in Pakistan
- Abdullah's brother, Toronto-born Omar Khadr, is charged with war crimes

New beginning

- The Ottawa-born Khadr, 29, thanked Canadians for the justice system, saying he could barely believe his newfound freedom.
- "This is going to be a new beginning for me in life," a subdued Khadr said. "I want to just start anew now. I don't want to think about it anymore."
- Edmonton-based defence lawyer Dennis Edney said he hoped the government would respect the court's findings and leave Khadr alone rather than appeal.
- In Montreal, Justice Minister Rob Nicholson had no immediate comment, saying the government would look "carefully" at the case.

Abdullah Khadr tasted freedom for the first time in more than four years yesterday when a judge released him from jail in light of American involvement in his "shocking" mistreatment during 14 months detention in Pakistan.

In granting a rare stay of extradition proceedings against Khadr, Ontario Superior Court Justice Christopher Speyer found the U.S. had violated basic principles of justice.

"Although Khadr may have possessed information of intelligence value, he is still entitled to the safeguards and benefit of the law, and not to arbitrary and illegal detention in a secret detention centre where he was subjected to physical abuse," Speyer wrote.

"The sum of the human-rights violations suffered by Khadr is both shocking and unjustifiable."

Khadr was arrested in December 2005 in Toronto pending an extradition request by American authorities.

The United States wants him to face charges in Boston, where he is accused of supplying weapons to al-Qaida to be used against American forces in Afghanistan.

In a harsh summation of its "gross misconduct," Speyer called the U.S. a "driving force" behind Khadr's detention in which Pakistani authorities gave him no access to a lawyer and delayed access to consular help.

Speyer also ruled that two key self-incriminating statements Khadr gave to FBI agents were "manifestly unreliable" given the situation.

"This is a case where, in difficult times, the reality of intelligence objectives collides with the protection of individual rights and the rule of law," Speyer wrote, calling a stay of proceedings a "remedy of last resort" granted only rarely.

Speyer did say he would have committed Khadr for extradition on several of the charges based on a statement he gave to the RCMP after his return to Canada, had it not been for the violation of his charter rights.

THE CANADIAN PRESS

COLIN PERKEL/THE CANADIAN PRESS

▶ Abdullah Khadr is shown outside court yesterday in Toronto.

Friend hopes to adopt orphaned boy

An 11-year-old Edmonton boy who lost his family in a tragic weekend collision in Golden may have a new home with a family friend.

Shahid Bashir and his family have known the Mahmoods for about 20 years.

They would go to each others' homes two or three times a week and go on family picnics together. Now Bashir is hoping young Aashar will become a part of his family permanently.

"Aashar is very familiar with my sons, so he his very happy. He is not feeling that he's alone because we are giving him our full attention and he is in very safe hands," Bashir said.

"I am very happy and he is also very happy to stay with me for the long term. We know each other and he is happy with my family, so I think it would be good if he lived with me in the long run."

Aashar's parents and two sisters, along with a close family friend, died Sunday when the van they were travelling in collided head on with a motorhome.

Another family friend, who wished to remain anonymous, said the bodies of the deceased were being picked up in B.C. yesterday and would be returned to Edmonton, where funeral arrangements are now being made. ANDREAS MORSE

Cyber predator gets 10 years behind bars

One of Canada's worst cyber predators who targeted 55 teenage girls has been handed a 10-year prison sentence.

Nicolas Stone used the Internet to lure girls aged between 12 and 17 and would encourage them to get undressed in front of their webcam.

He then convinced a number of the girls to meet him in person and engage in sex acts.

55 Internet predator Nicolas Stone targeted 55 teenage girls. He has also already spent 55 months in prison.

The 35-year-old man was sentenced yesterday in a Montreal-area court. Stone — a father of three whose marriage broke up as a result of the charges — would use a popular instant-messaging program to engage the girls in conversation.

THE CANADIAN PRESS

®/™ MasterCard is a registered trademark and PayPass is a trademark of MasterCard International Incorporated. ©2010 MasterCard International Incorporated.

Get-tough Tories putting gangs on notice

Gambling, prostitution targeted in strike against organized crime ◗ Police get new tools, says minister

The federal government says it's toughening the Criminal Code by increasing the number of acts designated as serious offences, making it easier to prosecute and extend jail terms for things like illegal gambling.

Justice Minister Rob Nicholson announced the changes yesterday.

The move is billed as a strike against organized crime that will target activities linked to criminal gangs.

The new rules will focus on crimes currently not considered serious offences — such as illegal gambling, and specific prostitution and drug-related charges.

Crackdown

The new rules will apply to 11 charges, including:

- Keeping a common gaming or betting house.
- Betting, pool selling and book-making.
- Committing offences in relation to lotteries and games of chance.
- Keeping a common bawdy house.
- Importing, exporting or production of certain scheduled drugs.

"The fact that an offence is committed by a criminal organization makes it a serious crime," Nicholson said.

"These regulations will help ensure that police and prosecutors can make full use of the tools in the Criminal Code that are specifically targeted at tackling organized crime."

The opposition expressed qualified support for the move. But it accused the government of using crime as a political football.

It said the government seeks only to score points with voters by promising to toss criminals in jail for longer. THE CANADIAN PRESS

Afghanistan. Policing

▶ A group of Afghan National Police prepare to leave on patrol from a Canadian base last month.

BILL GRAVELAND/THE CANADIAN PRESS

They're no cop-outs?

They were once Afghanistan's version of the Keystone Cops — incompetent and corrupt. But now Canadian military chiefs say the Afghan National Police may have turned the corner toward respectability. Regular pay — and more of it — has removed causes of corruption, they say.

He gives birth to a wacky adventure

Sebastian Terry is excited about the impending birth of a wee one, just as excited as when he ran with the bulls or played rugby naked.

The 26-year-old Australian-born adventurer is in Regina for the next few days while he waits to help Tara Klein, a total stranger, deliver her third child.

It's No. 23 on his "bucket list" of 100 things he wants to do before he dies, a list he is about a third of the way through.

The project was inspired by the death of a friend five years ago. Terry started a website called 100things.com.au, which is where Klein saw his request for a pregnant volunteer.

Her own spirit of adventure spurred her to invite him to Canada to be there when she delivers in the next few days. THE CANADIAN PRESS

FLIGHT CENTRE® Unbeatable

Airfares

Puerto Vallarta from $75 + taxes & fees $290

Calgary	one-way from $119 + taxes & fees $60
Toronto	one-way from $205 + taxes & fees $76
Cancun	from $275 + taxes & fees $290
San Francisco	from $298 + taxes & fees $118
Amsterdam	from $299 + taxes & fees $371
London	from $349 + taxes & fees $474
New York	from $387 + taxes & fees $113
Paris	from $398 + taxes & fees $428
Costa Rica	from $399 + taxes & fees $323
Honolulu	from $399 + taxes & fees $116
Maui	from $399 + taxes & fees $139
Bangkok	from $799 + taxes & fees $358
Sydney	from $915 + taxes & fees $407

USA Vacations

Las Vegas Air from Bellingham + 3 Nights from $199 + taxes & fees $44
INCLUDES accom on the Strip.

Oregon Air + 7-Day Car from $329 + taxes & fees $109
INCLUDES air into Portland and 7-day car rental with unlimited mileage to explore at your own pace.

San Diego Air from Bellingham + 4 Nights from $399 + taxes & fees $37
INCLUDES accom with transfers to/from airport, downtown locations, San Diego Zoo & Sea World.

New Orleans Air + 4 Nights from $558 + taxes & fees $122
INCLUDES 4-star accom close to the French Quarter. ADD harbour cruise with Creole lunch from $37.

Hawai'i Air + 7 Nights from $649 + taxes & fees $116
INCLUDES Waikiki accom with breakfast.

New York Air + 4 Nights from $789 + taxes & fees $118
INCLUDES 3.5-star Manhattan accom.

All-inclusive Vacations

Puerto Vallarta 7 Nights 4-Star from $397 + taxes & fees $274
UPGRADE to 4.5-star accom from $5 per night.

Cancun 7 Nights 4-Star from $595 + taxes & fees $290

Family Vacations

Whistler Fairmont 2 Nights + Golf from $125◊ taxes & fees included
INCLUDES accom at the famous Chateau Whistler and 2 rounds of golf per room with unlimited use of the practice facility. BONUS Children ages 10-18 pay just $40 per round or FREE with paying adult.

Harrison Hot Springs 2 Nights from $89◊ taxes & fees included
INCLUDES accom overlooking Harrison Lake. Resort facilities include tennis, spa, waterpark and beach.

Seattle Back-to-School Weekend 2 Nights from $99◊ taxes & fees included
Do your back to school shopping in the Seattle & the Outlets and avoid the HST! INCLUDES boutique-style accom. ADD 2-day car rental with unlimited mileage from $55.

Washington Great Wolf Lodge 2 Nights from $143◊ taxes & fees included
INCLUDES family suite accom and waterpark access.

Anaheim Air + 4 Nights from $319◊ + taxes & fees $116
INCLUDES accom near the *Disneyland* Resort.

Family Special Vacations – Prices per person based on a family of 4.

Canada Vacations

Vancouver Island Fishing Special
FLY FREE
Book this fishing vacation special and receive your airfare FREE on select departures. From $349 plus taxes & fees $52. INCLUDES air, 2 nights accom and 7-hour fishing trip or wildlife cruise. Call for more details.

Victoria 3 Nights 4-Star from $228 taxes & fees included
INCLUDES luxury accom close to Victoria's Inner Harbour.

Sun Peaks Labour Day Weekend 3 Nights from $229 taxes & fees included
INCLUDES 4-star accom in the heart of Sun Peaks Village.

Europe Vacation

Paris Air + 7 Nights from $649 + taxes & fees $427
INCLUDES accom near the Metro and breakfast.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

1 866 502 4576 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790

Man forced out: Cops

Thornton had complained of racial harassment for months to family and friends

The warehouse driver who fatally shot eight co-workers at a beer distributorship before killing himself apparently targeted managers who had hired a private detective to tail him and forced him to resign because he stole beer from work, police said yesterday.

Omar Thornton carried two 9-mm handguns to Hartford Distributors inside his lunch box Tuesday and left a shotgun in his car. After a disciplinary hearing where he was shown video of himself stealing and then resigned, he asked for a drink of water and went to a kitchenette where his lunch box was, police Lt. Christopher Davis said.

He went to the kitchen, took out his guns, walked out into the hall and began shooting "as soon as he got into the hallway," Davis said. All the weapons were registered, he said.

The first people shot were managers or executives involved in Thornton's firing, Davis said. He said it's not clear whether everyone was targeted, or whether some were shot randomly. Two men also were wounded.

Thornton left the office area and went into a large section of the warehouse section where more victims were found, Davis said. He chased one or more of them outside into a parking lot, had to shoot a locked glass door to get back in the building and continued shooting. One man who was fatally shot tried to flee Thornton on a forklift, which crashed into an electrical conduit and started a fire, Davis said.

Thornton also passed by at least two people and did not shoot them, Davis said, including one woman in a wheelchair.

Finally, Thornton called his mother to say goodbye, said his uncle, Wilbert Holliday. Thornton, who is black, had complained of racial harassment for months to family and friends. He indicated he did target people — but because they had harassed him.

"I shot the racists that was bothering me," he told his mother.

Police found Thornton dead in an office.

The company had hired a private investigator to follow Thornton outside of work after becoming suspicious that he was stealing alcohol, Davis said. The amount of alcohol Thornton allegedly took wasn't clear. THE ASSOCIATED PRESS

Hit list

Omar Thornton apparently targeted company officials.

- Among the people shot were several in positions of responsibility at Hartford Distributors.

JESSICA HILL/THE ASSOCIATED PRESS

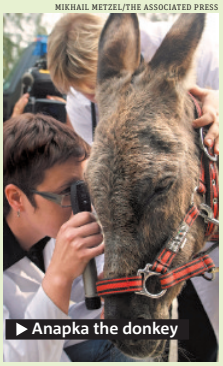
▶Terrie Thomas lights a candle for each victim killed outside of Hartford Distributors in Manchester, Conn., yesterday. Omar S. Thornton, a driver for Hartford Distributors, killed eight people plus himself at the beer distribution company on Tuesday morning.

Girlfriend claims racism

Kristi Hannah, 26, Thornton's girlfriend of eight years, said he had told her months ago that he was racially harassed, and he showed her photos he took with his cellphone of a drawing on a bathroom wall with a racial slur. THE ASSOCIATED PRESS

News in brief

MIKHAIL METZEL/THE ASSOCIATED PRESS



▶ Anapka the donkey

Paper buys flying donkey

ODDITY. The parasailing donkey will never fly again and can look ahead to a life of luxury. The female donkey Anapka arrived in Moscow yesterday after her brays of terror over a southern Russian beach last month prompted a British newspaper to step in and buy her.
THE ASSOCIATED PRESS

Lawyer flees to Turkey: Report

IRAN. The lawyer of a woman who had been sentenced to death by stoning in Iran is in Turkey and has the option of applying for asylum, the UN's refugee agency said yesterday.
THE ASSOCIATED PRESS

Tree in Israeli territory: UN

SKIRMISH. UN peacekeepers said yesterday a cypress tree an Israeli soldier was cutting down just before a border clash with Lebanese soldiers erupted was in Israeli territory, contradicting Lebanese claims that their frontier was breached. The clash Tuesday left a senior Israeli officer, two Lebanese soldiers and a Lebanese journalist dead.
THE ASSOCIATED PRESS

Iran gets SAM systems, says news agency

MISSILES. Iran has obtained four S-300 surface-to-air missile systems despite Russia's refusal to deliver them to Tehran under a valid contract, a semiofficial Iranian news agency claimed yesterday. The Fars news agency, which has ties to the country's most powerful military force, the Revolutionary Guard, said Iran received two S-300s from Belarus and two others from another unspecified source.
THE ASSOCIATED PRESS

Much of oil spill now gone, BP claims

BP claimed a milestone yesterday in effort to plug its blown-out well as a government report said much of the spilled oil is gone, heartening officials who have been heavily criticized during the tricky cleanup.

BP PLC reported that mud forced down the well overnight was pushing the crude back down to its source for the first time since the Deepwater Horizon rig exploded off Louisiana on April 20, killing 11 workers. And a federal report indicated that only about a quarter of the spilled oil remains in the Gulf, with the rest having been contained, cleaned up or otherwise dispersed.

U.S. President Barack Obama, while noting that people's lives "have been turned upside down," declared that the operation was finally close to an end.
THE ASSOCIATED PRESS

53.5M
The amount in gallons of oil left to clean up in the Gulf.

®/™ MasterCard is a registered trademark and PayPass is a trademark of MasterCard International Incorporated. ©2010 MasterCard International Incorporated.

Floodwaters rock Punjab

Floodwaters ravaged hundreds of villages in Pakistan's main province of Punjab yesterday, destroying homes, soaking crops and threatening more lives. Aid workers warned that bloated rivers would soon surge into the country's south, prompting more evacuations.

This year's monsoon season has caused the worst flooding in Pakistan in living memory and already killed more than 1,500 people.

The UN scrambled to provide food and other assistance to some 3.2-million affected people in a nation already struggling with an Islamist militancy and a poor economy.

After causing huge destruction in Pakistan's volatile northwest, floodwaters deluged villages and some urban centres in Punjab, the richest and most populous province.

The army used boats and helicopters to move stranded villagers in the area to higher ground.

Water levels were so high in large tracts of Kot Addu and nearby areas that only treetops and uppermost floors of some buildings were visible.

Military spokesman Maj. Gen. Nadir Zeb told reporters at least 30,000 people have been rescued from flood-hit zones in Kot Addu and nearby areas over the previous 72 hours.

He warned that more flooding was expected as more rains were forecast in the next few days.

THE ASSOCIATED PRESS

160

In a typical year, Pakistan gets about 137 mm of rain during the monsoon season. But this year, it's already received 160 mm, according to a weather official.

▶ Opponents of Proposition 8 cheer after hearing the decision in the United States District Court proceedings outside of the Phillip Burton Federal Building in San Francisco yesterday.

50% off data for 1 year.
See, we're not all talk.

That's right. Get 50% off any of our data add-ons for up to one year — available on our Always Talk and Always Shout plans.

No contract • BlackBerry® Bold™ 9700 Smartphone

WINDmobile.ca
to learn how

1-877-WIND-403
(9463)

WIND™
The Power of Conversation™

116 Davie St. • 2228 West 4th Ave. • Park Royal Shopping Centre • BLOCKBUSTER® 4191 Hastings St. • BLOCKBUSTER® 6580 Fraser St. • BLOCKBUSTER® 5485 West Blvd. BLOCKBUSTER® 700 6th St. • BLOCKBUSTER® 2929 Main St. • BLOCKBUSTER® 2201 Kingsway • BLOCKBUSTER® 1905 Lonsdale Ave.
Check out our site for new Vancouver locations opening every day.

CONDITIONS AND RESTRICTIONS APPLY. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. © 2010 WIND Mobile. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All trademarks are property of their respective owners. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

ERIC RISBERG/THE ASSOCIATED PRESS

Gay-marriage ban overturned

Same-sex marriages won't be legal immediately ▶ Judge will decide tomorrow whether to suspend ruling while ban proponents pursue appeal

A federal judge overturned California's gay-marriage ban yesterday with a landmark case that could eventually force the U.S. Supreme Court to confront the question of whether same-sex couples have a constitutional right to wed.

The ruling by Chief U.S. District Judge Vaughn Walker touched off a celebration outside the courthouse. Gay couples waved rainbow and American flags and erupted with cheers in the city that has long been a haven for gays.

People in the Castro neighbourhood toasted with champagne as word of the ruling spread.

Currently, same-sex couples can only legally wed in Massachusetts, Iowa, Connecticut, Vermont, New Hampshire and Washington, D.C.

"We should uphold and respect the right of people to make policy changes through the democratic process, especially changes that do nothing more than uphold the definition of marriage that has existed since the founding of this country and beyond."
JIM CAMPBELL, DEFENCE LAWYER, ARGUING IN FAVOUR OF PROPOSITION 8

Walker methodically rejected every argument posed by sponsors of the ban in response to a lawsuit filed by two gay couples who claimed Proposition 8, the voter-approved ban, violated their civil rights.

"Proposition 8 singles out gays and lesbians and legitimates their unequal treatment," the judge wrote in his 136-page opinion.

"Proposition 8 perpetuates the stereotype that gays and lesbians are incapable of forming long-term loving relationships and that gays and lesbians are not good parents."

Protect Marriage, the coalition of religious and conservative groups that sponsored the ban, said it would immediately appeal the ruling to the 9th U.S. Circuit Court of Appeals.

California's electorate passed Proposition 8 with 52 per cent of the vote in November 2008 after the most expensive political campaign on a social issue in U.S. history.

Walker, however, found it violated the Constitution's due process and equal protection clauses while failing "to advance any rational basis in singling out gay men and lesbians for denial of a marriage license."

THE ASSOCIATED PRESS

Explosion was just fireworks: Iran news

Iran's official news agency said yesterday that an explosion near the president's convoy was just an excited fan setting off fireworks, denying earlier reports of an assassination attempt.

A fan set off a firecracker similar to those used during sports matches to express his excitement at Iranian President Mahmoud Ahmadinejad's visit to the western Iranian town of Hamedan, reported the IRNA news agency.

The explosion near the president's convoy had set off a flurry of media reports, including one that it was a handmade grenade.

THE ASSOCIATED PRESS

Arrest

One person was arrested in connection with the explosion, which happened about 100 metres from Ahmadinejad's car.

Teen sailor set for trip around the world

She's not afraid of pirates. She's packed plenty of school books. And she's going to miss her family and her dog, Spot.

Fourteen-year-old Laura Dekker hopped onto her boat yesterday and sailed off from the Netherlands hoping to become the youngest person to make a solo voyage around the world.

About 100 supporters waved as Laura and her father Dick Dekker left the southern Dutch harbour of Den Osse in her yacht Guppy, bound for Portugal where she plans to leave her father and begin her circumnavigation attempt.

Last week, Laura won a legal battle when a court released her from the guardianship of Dutch child protection agencies. They had blocked her initial plan to depart at age 13 over fears for her safety and psychological health during the trip, which will likely take around a year.

"I can be sailing now, and that's great!" she told reporters yesterday, sporting a skull-emblazoned black T-shirt.

If she completes the voyage, any record she claims would be unofficial and likely to be challenged.

The Guinness' World Records and the World Sailing Speed Record Council have decided they will no longer recognize records for "youngest" sailors to avoid encouraging overly optimistic youths backed by ambitious parents from seeking a world record.

THE ASSOCIATED PRESS

Getting ready

- Laura, who was born on a yacht off the coast of New Zealand, has been working to counter objections to her voyage since the authorities stepped in last year. She got a bigger, sturdier boat, took courses in first aid and practiced coping with sleep deprivation.

BAS CZERWINSKI/THE ASSOCIATED PRESS

▶ Laura Dekker, 14, hoists a flag of the Sea Shepherd Conservation Society on her boat in the harbour of Den Osse, Netherlands, yesterday.

®/™ MasterCard and Tap & Go are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. ©2010 MasterCard International Incorporated. All trademarks are the property of their respective owners and are used with permission. ®Real Canadian Superstore is a registered trademark of Loblaws Inc.
Petro-Canada is a Suncor Energy business
™Trademark of Suncor Energy Inc. Used under licence.
®Tim Hortons is a registered trademark of the TDL Marks Corporation.

PLANTING FEET FIRMLY IN THE BIG CITY

He says ...

JOHN MAZEROLLE

I've lived in Toronto long enough that I'm starting to forget what it's like to be from the Maritimes. The ways of the East Coast are giving way to the rhythm of the Golden Horseshoe.

Believe me: New Brunswick to Toronto is a gear shift that will junk your emotional engine if you're not careful.

New Brunswickers are a conservative sort, but friendly and trusting. We put chastity belts on our daughters, but we leave the key in the lock.

Meanwhile, Torontonians are socially liberal, but not liberally social. We always have an aura of busyness, even when all we're doing is playing games on our iPhones.

I use "we" to describe both New Brunswickers and Torontonians because, right now, I feel like I have a foot in each province.

That can make me feel off balance because it's a bit like having one foot in a canoe and the other on a Great Lakes vessel.

"I feel like I have a foot in each province. That can make me feel off balance because it's a bit like having one foot in a canoe and the other on a Great Lakes vessel."

For example: In certain Toronto neighbourhoods crime is a given.

Compare that with my hometown Saint John, N.B., where as far as I know there has been one murder charge in the last two years, the accused was acquitted and — this is true — the weapon was a sword.

In New Brunswick, even front page violence is quaint. It makes you wonder what the police will do when Saint John's criminals discover the musket.

Sergeant: His firestick is no match for our chain mail, men! Put away your slingshots and run!

Another big difference between the two regions is that, in Saint John, there is no racial tension. Because there are no races. You can't start a fire in a vacuum.

Do you know what we call black people in New Brunswick? We call him "Daryl." Because that's his name.

So, two years in Toronto has been an experience. And, now, for the first time the big city is becoming the "new normal."

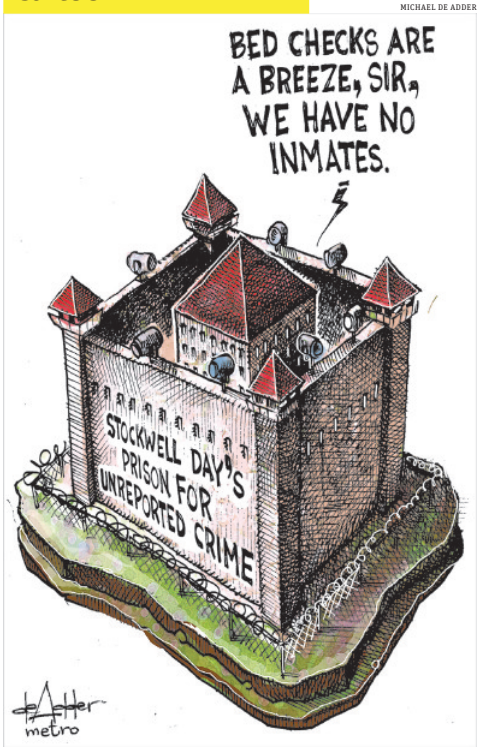
When I moved here, Toronto houses were too close together, but now it's the homes in New Brunswick that seem amusingly far apart.

Eight lanes of traffic in the middle of a city seems normal now, when before I had gawked at it like it was Blade Runner.

Soon, both feet will be in Toronto. But I know that, no matter what happens, there will always be a little bit of New Brunswick inside me. I'm pretty sure it's asbestos.

Cartoon

MICHAEL DE ADDER



Zapping caffeine drinks

Letters & Tweets

Energy overload?

HALIFAX. The popularity and increased use of caffeinated beverages among our youth is a growing concern for physicians. It can be easy to over-consume caffeine since many beverages contain above the recommended maximum daily consumption. Some energy drinks contain 360 milligrams of caffeine, more than twice the recommended daily intake.

While many people believe caffeinated beverages will provide increased energy and alertness, there are many risks linked to using them. Health Canada reports that too much caffeine can result in electrolyte disturbances, which may cause nausea and vomiting and/or heart irregularities. A small amount of caffeine could also cause sleeping problems, headaches, irritability and nervousness.

Making these drinks less available to youth may help reduce the risk of excessive caffeine consumption.

JANE BROOKS, PRESIDENT, DOCTORS NOVA SCOTIA

We asked: Lady Gaga: Hot or not?

VANCOUVER. @dark_phoenix00x: lady gaga is hot! Awesome music, awesome voice, awesome dancer, awesome fashion!

What's your summer beverage of choice? Why?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic Metro Vancouver

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with a scavenger hunt

Enjoy the outdoors while learning to manipulate the latest technology in an exciting and unique scavenger hunt.

The Social Media Club and Nokia Canada are hosting an outdoor digital scavenger hunt today from 6 to 9 p.m. at Trout Lake Beach (off Victoria Drive).

Participants will use their own cellphones and cameras to search for clues and win prizes.

Nokia and Social Media Club members will also be on site to help guide participants in using mobile tools.

This is a family-friendly, all-ages event and, best of all, it's free.

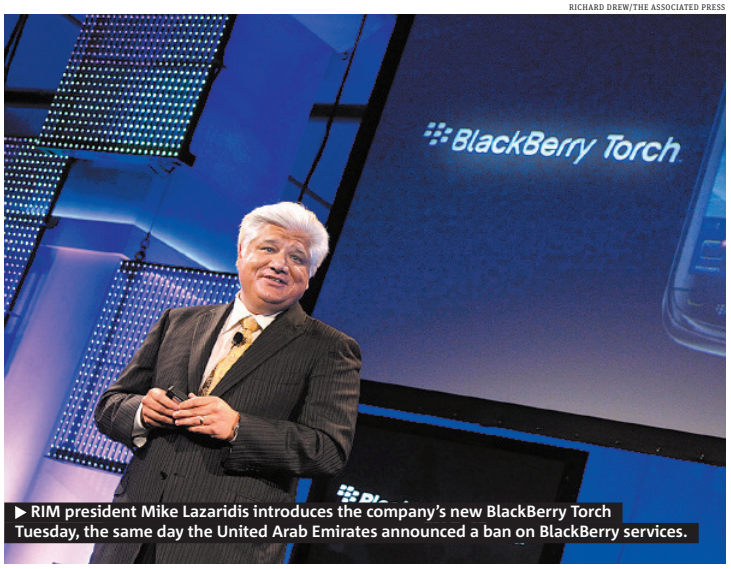
For more information, visit smcyvr.com.

VANESSA YEE

QOLE PEJORIAN/FLICKR.COM

▶ Trout Lake Beach will be the site of today's digital scavenger hunt.

RICHARD DREW/THE ASSOCIATED PRESS



▶ RIM president Mike Lazaridis introduces the company's new BlackBerry Torch Tuesday, the same day the United Arab Emirates announced a ban on BlackBerry services.

Security issue puts RIM in a tricky position

- Company won't compromise on customer privacy
- Facing ban on BlackBerry services in many countries

Research In Motion faces challenges for growth in emerging markets like the Middle East with looming bans on BlackBerry email and messenger services by restrictive governments.

RIM said it has no intention of compromising security on the device, which has helped drive the company's reputation worldwide.

Saudi Arabia plans to shut down BlackBerry services tomorrow. The United Arab Emirates has announced it will shut down BlackBerry functions in October.

Indonesia is threatening the same. China and India have similar issues with Research In Motion.

Analyst Matthew Thornton of Avian Securities said RIM would rather lose the business than compromise the security of its devices.

"I think this is limited to some of the newer relationships in countries where government tactics and government practices may be a little different," Thornton said.

All of this comes into the spotlight as competition heats up for RIM in North America with Apple's iPhone and Google-powered Android smartphones.

The BlackBerry maker has just introduced a new touchscreen phone with a pullout keyboard and a faster Internet browser.

Shares in Research in Motion dropped more than 3.5 per cent yesterday.

THE CANADIAN PRESS

Private

RIM's computer servers are overseas and these governments don't have local control or access to users' content.

▶ **Monitored** In countries such as UAE, websites and some forms of media are monitored by the government for content.

News in brief

Auto sales up for Ford

JULY. Ford Canada's sales edged higher in July, as strong car sales were hurt by a decline in the number of trucks sold.

Ford said its overall sales inched up by two per cent to 27,203 last month, bumping the automaker to its best July since 1979. Overall sales were boosted by a 46 per cent increase in cars sold, but this was offset by a nine per cent decline in truck sales, compared to July of last year.

Rogers buys into online

TOPS. Rogers Communications is becoming an equal partner in a joint venture to commercialize TOPS, the online publishing system used to run a number of websites owned by Torstar Corp., including that of Metro News. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas
+ 0.60¢ US	1,000 cu ft
98.27¢	+ 9.8¢ US
	$4.737
Gold	
+ $8.50 US	
$1,193.70	

OIL	TSX
- $0.08 US	+ 62.45
$82.47	11,845.05

Guaranteed Lowest Long Distance Rates From Your Home Or Cell!

No Matter Where you Call
No Matter What Rate you Pay
Comwave will beat it...
Guaranteed!

CUBA 89.9¢/min | INDIA 2.9¢/min | PAKISTAN 5.9¢/min | PHILIPPINES 11.9¢/min

Afghanistan..24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh from 3.9 ¢	Lebanon .....9.9 ¢	Iraq... from 4.9 ¢
Barbados..... 9.9¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile.....2.9 ¢	Nepal... from 7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman..... 12.9 ¢	Russia... from 2.9 ¢
Ecuador.....12.9¢	Fiji..... 24.9 ¢	Saudi Arabia from 9.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9¢	Sri Lanka.....9.9 ¢
Jordan.....13.9 ¢	Guatemala.....10.9¢	Trinidad..... 4.9 ¢
Kenya from 9.9 ¢	Guyana.....27.9¢	U.A.E.....16.9 ¢

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... GUARANTEED!

The Comwave Bundles

Unlimited Canada Bundle

Limited Time Offer!
UNLIMITED Calling to Anywhere in CANADA
$5 /month

Unlimited India Bundle

UNLIMITED Calling to INDIA
From your Home or Cell Phone!
only $29.95 /month

If you're paying less with your current provider, call us and we'll beat it... GUARANTEED!

1-866-380-6055
comwave
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Rate Guarantee is based on competitors lowest advertised rate for like services. $29.95 Unlimited calling to India is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Terms and conditions apply, see www.comwave.ca for details

2 scene

Director steps up to 3-D challenge

Filmmaker Chu gets his groove on with technology trends in dance film ◐ Found top talent by holding auditions through YouTube

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

While filming exciting dance sequences is nothing new to Jon M. Chu, who got his directorial debut with Step Up 2 the Streets, the California native faced some new challenges with the next instalment in the series, Step Up 3D.

"I'd been to all the lectures, read all the books, read all the articles, but you really don't know 3-D until you literally have it in your hands and you're playing," he says.

"If you mess up focus (on a regular film), you can fix that later. You can say, 'Oh, it's my artistic choice to make it out of focus.' But in 3-D, your audience is going to throw up."

Luckily there haven't been any reports of audience members losing their lunch just yet.

Chu insists that, the learning curve aside, he was excited about working with the new technology.

"This is a fantasy movie," he says. "We got to push it. The 3-D really helps develop that tone of fantasy."

It also gave him a chance to have some fun at the expense of his young leads, breakdancer Rick Malambri and Australian actress and singer Sharni Vinson.

Beyond the two leads, Chu needed to find a veritable army of dance talent, and he and his team went to great lengths to do just that.

"It's crazy. The dance world is huge," he says. "We did live auditions in New York and L.A., where thousands and thousands of people came out."

The director, whose YouTube dance battle from a couple of years ago became an online sensation, turned to the Internet for casting help as well.

"I also released it on my YouTube channel," he says. "It wasn't a contest, it wasn't anything like that. I just literally said, 'Hey, if you can dance, show me.' And we got thousands and thousands of submissions through that. We hired a couple of people from there."

Visa payWave
speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.
ScanLife

PHOTO COURTESY DISNEY

▶ Step Up 3D — in theatres Friday — is set to push the limits for dance films.

News in brief

1

2

1 Judges at the Special Court for Sierra Leone have rejected a protest from Charles Taylor, clearing the way for model Naomi Campbell to testify at his war crimes trial today. THE ASSOCIATED PRESS

2 Barbra Streisand will be honoured as the 2011 MusiCares Person of the Year for her creative accomplishments and philanthropic work. THE ASSOCIATED PRESS

ScanLife
Scan code for a story on how fan found her Munster match

▶ Adam Sevani

Sevani returns as goofy Moose

After stealing scenes as Moose, the lanky, goofy comic relief, in Step Up 2 the Streets, 17-year-old Adam Sevani gets a bit more screen time in the latest instalment, kicking off the plot with his character's arrival at NYU.

Sevani sat down with Metro to talk about his role in the new film and what he doesn't watch on TV.

Were you happy to discover you had a bigger role in the new movie?
I didn't really think about it, to be honest with you. I didn't know until I saw the movie. Like, same with Step Up 2, I didn't realize his role in it until I saw the movie. Sometimes I don't even remember what we shot, so I kind of forgot what we did, and then when I see it I'm like, 'We did that?' And the whole movie ends and I'm like, 'Wow, that was pretty cool.'

What do you think of the resurgence in popularity of dance?
I don't know, I feel like it's always been around. I mean, you see Elvis, you see Michael. It's always been there. So I don't think it's something that's new, it's just becoming a little bit more pushed into TV and mainstream, and surprisingly these are the No. 1 shows. It's not surprising, but it's cool.

Are you a fan of So You Think You Can Dance?
To be honest with you, I've never seen it, ever. Never. (laughs)

NED EHRBAR/ METRO WORLD NEWS

▶ Donnie Yen plays a visiting martial arts expert who comes to the rescue of the downtrodden when needed in one of his earlier action films, Iron Monkey.

More than a kung fu fighter

Breakthrough role propels Donnie Yen from shadow of Jackie Chan Most prolific action star in China

For years, Donnie Yen worked in the shadow of Jackie Chan and Jet Li.

Having fought both on-screen, the actor, 47, was considered a worthy opponent but not necessarily a leading man. But that changed after Yen took on the role of Bruce Lee's kung fu master in the 2008 hit Ip Man.

This year's sequel has become the top-grossing film in China in the first half of 2010 and Yen is now the most prolific action star.

He says Chinese viewers have tired of the superhuman feats of action heroes like Lee and Chan. "People want to see someone closer to the people, someone with family values ... but at the same time [Ip] excels at kung fu," says Yen.

"Flashy, fierce and fresh fight sequences are no longer the only requirment."
DONNIE YEN, ACTION STAR

Born in China and raised in Hong Kong and Boston, Yen says he has no plans to slow down. In two upcoming releases, Yen tackles the Three Kingdoms period general Guan Yu from ancient China and the mythical Monkey King.

He's also working on a martial arts film with Peter Chan, a Hong Kong director best known for his love stories. The actor, who was trained by his mother, a martial arts teacher, is also fight choreographer on all four productions.

"I want to continue to make breakthroughs in kung fu and action film," he says, adding his biggest challenge is to combine dazzling fight scenes and compelling storytelling.

"Flashy, fierce and fresh fight sequences are no longer the only requirement. They also need to move the emotions of the audience," he says.

THE ASSOCIATED PRESS

Murphy's husband died of pneumonia: Coroner

The Los Angeles coroner's office says Brittany Murphy's husband died from pneumonia, which also killed his actress wife months earlier.

Assistant Chief Coroner Ed Winter says 40-year-old Simon Monjack's heart was slightly enlarged. The British-born screenwriter also had some prescription medications in his system when he died May 23, but not enough to contribute to his death.

Winter said he did not have the list of medications immediately available but that a full report will be issued in weeks.

▶ Actress Brittany Murphy and her husband, Simon Monjack, at the BAFTA Awards in L.A., Nov. 1, 2007.

Murphy died in December and officials determined a combination of pneumonia, anemia and prescription medications played a role. Winter says both their deaths were likely preventable.

THE ASSOCIATED PRESS

Add
UNLIMITED
Local Calling from your
CELL PHONE
ONLY $20 /month

✓FREE- Daytime
✓FREE- Evenings
✓FREE- ALL DAY LONG!

Comwave Unlimited Mobile is an add-on to your existing Mobile plan. Do not change your existing provider, Comwave Unlimited Mobile works on ALL Cell Phone providers.

Here's How It works:

- You must have an active cell phone plan with UNLIMITED Incoming Calls.
- With Comwave you can ADD UNLIMITED OUTGOING Calls.
- Now All your Cell Phone Calls will be FREE - ALL DAY LONG!

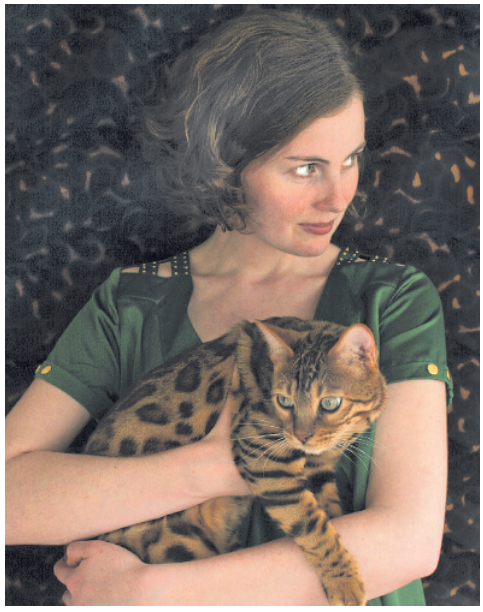
LIMITED TIME OFFER - CALL NOW!
30 DAY
FREE TRIAL
Unlimited Calling On Your Cell Phone
Satisfaction Guaranteed

604-873-2820
comwave
comwave.ca
Terms and conditions may apply. Please see www.comwave.net/mobile for full details.

Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

To mom with love

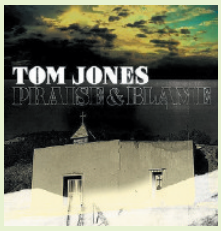
Kathryn Calder
Album: Are You My Mother?
Label: File: Under Music
●●●½



Until recently, life had been good for Kathryn Calder. The Vancouver-based singer-songwriter found some success with her power pop band Immaculate Machine, but her star really started to rise when she joined the New Pornographers, led by cousin Carl Newman, in 2005. But, two years ago her mother was diagnosed with Lou Gehrig's disease (ALS). Instead of retreating, she did what any good songwriter would do — she wrote a touching solo album dedicated to her mom, which she heard before passing away last year. The music is heartwarming, but it's not a depressing dirge. Tracks like Arrow and opener Slip Away are somber, touching songs — on the latter she sings to her mom, "tell me everything I need to know." Other tunes recall her power pop leanings — Follow me Into the Hill is an infectious mid-tempo rocker; Castor and Pollux is a bouncy pop tune with a plethora of guitar effects. It's a great solo debut, and there's no doubt she'll make it on her own, but it's just a start. If she can build on songs like Arrow, which has the best chorus Calder's ever written, she'll be able to give up her day jobs.

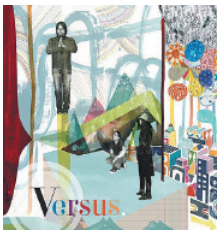
Outstanding track: Arrow

● BRYAN BORZYKOWSKI



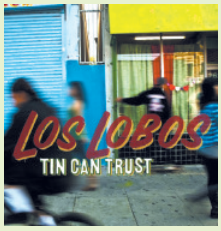
Tom Jones
Album: Praise & Blame
Label: Universal
●●●

Tom Jones has covered a lot of ground, but the legendary crooner will always be remembered for songs like Sex Bomb and She's a Lady. So it's strange to hear him channel Johnny Cash. Praise & Blame is a straight up country and blues pop record. It's got a haunting, introspective opener in What Good Am I, a rollicking Elvis-like blues number with Strange Things and soothing country gospel on If I Give My Soul. It's not a bad disc, but it's hard to buy the slower numbers. **Outstanding track:** Strange Things ● BRYAN BORZYKOWSKI



Versus
Album: On The One And Threes
Label: Merge
●●●½

While they weren't one of the more name-dropped bands of the '90s, Versus have returned with their sixth album sounding as if there was no ten-year hiatus. They've comfortably settled into their guitars with a mix of crunchy dissonance and snaking melodies. The only problem with On The One And Threes is that it it's missing the sort of hook-laden songs to find a new audience. **Outstanding track:** Cicada ● CAM LINDSAY



Los Lobos
Album: Tin Can Trust
Label: Shout!
●●●●

This is a hard-working band of virtuoso talents that undeservedly fell into a quiet zone during the last few years, respected by those in the know but never getting the widespread recognition they merited. Tin Can Trust doesn't depart from the band's usual mix of traditional Latino and west-coast jam rock. But it's done so well and played so tightly that Tin Can Trust should remind old fans just how good Los Lobos can be. **Outstanding track:** West L.A. Fadeaway. ● GRAHAM ROCKINGHAM

TV picks

B.C. families take diet local

DRAMA Six families try to consume only local food and beverages for over three months in the series 100 Mile Challenge. The show is based on the book 100 Mile Diet: A Year of Local Eating and is hosted by authors Alisa Smith and James MacKinnon. (Global) THE CANADIAN PRESS

Last dance coming soon

REALITY They're down to the Top 4 on So You Think You Can Dance, where injuries are rampant this season. Frontrunner Lauren, the only female left in the competition, was treated for dehydration last week. On a more positive note, Edmonton-born choreographer Stacey Tookey is nabbing kudos on the show. (CTV, Fox) THE CANADIAN PRESS

GETTY IMAGES

▶ Bruce Springsteen

Boss brings doc to film festival

An inside look at Bruce Springsteen's creative process and a 3D film from Werner Herzog are among the documentaries bound for the Toronto International Film Festival.

Festival organizers announced a documentary slate that also includes a new film from The Thin Blue Line director Errol Morris, who explores a woman's bizarre search for love in Tabloid.

Springsteen is the focus of Thom Zimny's The Promise: The Making of Darkness on the Edge of Town, while Herzog captures in 3D the earliest known pictorial creations of the Chauvet caves in southern France in Cave of Forgotten Dreams, and Alex Gibney investigates the sex scandal that forced New York's governor to resign in Client 9: The Rise and Fall of Eliot Spitzer.

TIFF programmer Thom Powers says the range of docs touch on subjects including the war in Afghanistan, the banking crisis, and the future of energy.

THE CANADIAN PRESS

Toronto on film

▶ The film festival runs from Sept. 9 until Sept. 19.

TOP 5 PLUMBER
RECOMMENDED BY METRO READERS

ADVANTAGE PLUMBING & DRAINAGE
"Offered me fast and efficient service and to my pleasant surprise there was a technician at my door within that hour."

TERRA MECHANICAL
"This is one of the best plumbing businesses out there."

PRECISION PLUMBING VANCOUVER
"A fantastic family oriented professional Gas Fitting & Plumbing Company located in the Lower Mainland BC Canada."

GALAXY PLUMBING DRAINAGE & HEATING LTD.
"Galaxy Plumbing is great because of their fair rates, in uniform professionals, and cleanliness."

RICHARD LOCK
"Honest, hardworking & a nice guy. Great plumbing service!"

NEXT WEEK'S TOP 5 – MECHANIC
Recommend your Mechanic by Friday and you could WIN A HP MINI 10.1" NETBOOK!
TO ENTER VISIT METRONEWS.CA/GIGPARK
Powered by metro and gigpark

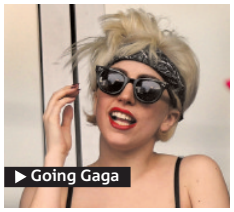
▶ Lindsay Lohan wants to fix the world again.

Lohan in photo shoot before jail

Before riding out her 14 days in prison, Lindsay Lohan sat down for an interview and provocative photo shoot with Maxim magazine.

"I am feeling strong. I've experienced a lot in my life, and my mom has given me a lot of faith," Lohan tells the magazine this week.

She's looking ahead to life after her current 90-day rehab stay, and plans to spend the next year focusing "on myself and my work and to move all press on me to focus on the work I do. Also, I'd like to do more work in India and travel to Malawi." The magazine hits stands this week. METRO WORLD NEWS


▶ Going Gaga

Lady Gaga is just 'lonely'

Lady Gaga describes herself as "lonely" in an interview with Vanity Fair.

"It's my condition as an artist," she says.

The pop sensation admits that she fears losing her creativity by being intimate with someone.

METRO WORLD NEWS

▶ Michaele Salahi

Party crasher to auction off famous dress

Michaele Salahi is going to auction off the red sari for charity she wore when she and her husband allegedly crashed a White House dinner. She is now starring in The Real Housewives of D.C. METRO WORLD NEWS

Simpson's dad spoils her Idol aspirations

New reports surface that Jessica lost her judge spot on American Idol thanks to her meddling father

GETTY IMAGES

▶ Dealing with her daddy issues again.

It looks like Jessica Simpson lost out on taking one of the empty seats on the American Idol judge's panel, and she reportedly has her dad and manager, Joe Simpson, to thank.

When producers approached Joe about having his famous daughter join the team, he reportedly made so many ridiculous demands on her behalf that they decided to move on to Jennifer Lopez, according to Crushable.

A rep for the Simpsons had no comment.

But last week, reports surfaced on several celebrity websites that indicated Simpson had numerous meetings with Idol brass about possibly joining the show for the upcoming 10th season, which kicks off in January 2011.

METRO WORLD NEWS

Celebrity tweets

Justin Bieber [@justinbieber] pretty excited about it and think everyone will enjoy the story and the pics...but we can all agree im a little too young to write a memoir

John Mayer [@johnmayer] The 8/31 end of combat will be the 9/1 beginning of making sure our troops come home to a US that cares for them. Believe that.

Kanye West [@kanyewest] Twit pic acting up ... I wanna bless yall with this hotel view but it wasn't meant to be I guess

METRO WORLD NEWS

EVER BEEN CAUGHT BY A BATHROOM EMERGENCY?

Document your tale in the IMODIUM® Diarr-hies contest for your chance to

WIN $5,000 CDN

to re-create a moment ruined by your worst bathroom mishap.
Diarize your story for a chance to WIN!
(your story must be min 50 to max 150 words)

Submit your story today at metronews.ca/imodium

*No purchase necessary. Enter online at http://www.metronews.ca/imodium by completing member entry form and submitting your story. Contest entry for story submissions runs from August 4th, 2010 to August 15, 2010 voting entry runs from August 11, 2010 to the Contest closes on September 14, 2010. Limit one (1) entry per person during the contest period. There is One (1) Grand Prize available of $5000.00 CDN cash and Three (3) Secondary Prizes each consisting of $300.00 CDN cash available to be won. There are three (3) Tertiary Prizes each consisting of $300.00 CDN cash, to be won by random draw among all eligible votes entries. Must be a resident of Nova Scotia, Ontario, Alberta or British Columbia, who is age of majority or older at time of entry to be eligible to enter and win. Skill testing question must be correctly answered to claim prize. Odds of being selected depend on number of eligible entries received. Employees of sponsor and its agents and affiliates and household members of the above are not eligible. For full set of rules visit http://www.metronews.ca/imodium.

Imodium®

GEAR UP FOR PATIO SEASON

Dockside Restaurant in the Granville Island Hotel has a brand new look, to what was already one of the best patios in the city! Dine on Chef Jeff Batt's summer menu in our new heated gazebo or lounge with cocktails next to an open fireplace on the dock.
Open for breakfast, lunch, dinner and weekend brunch.
See you at Dockside this summer!

NEW MENU HIGHLIGHTS

Appetizers

Saltspring Island Mussels • Chili Squid • Qualicum Bay Sea Scallops

Entrees

Hawaiian Ahi Tempura • Roasted Wentzel Duck • AAA Alberta "Baseball" Sirloin

DOCKSIDE RESTAURANT in the Granville Island Hotel

1253 Johnston Street (Granville Island)
604-685-7070 • docksidebrewing.com

3 life

ALICE XUE

▶ Walking in long strides was one of the lessons that Elmer Olsen of Elmer Olsen Model Management — sponsors of Canada's Next Top Model — stressed at the recent Bootcamp 2 Bigtime Model Showcase in Toronto.

'Newest and brightest' talent

Elmer Olsen Model Management recently held its fourth annual Bootcamp 2 Bigtime Model Showcase ◐ Keynote speakers shared their runway stories and secrets to success

JULIA TEELUCK
LIFE@METRONEWS.CA

The spotlight hit the stage. The packed audience grew silent in anticipation as the graduates of Elmer Olsen's Bootcamp 2 Bigtime stepped onto the runway like seasoned professionals at This is London nightclub.

International modelling agents and other fashion industry professionals perused the fresh new faces. Was the next big star in the industry on the stage?

The models showcased Greta Constantine designs — the females were draped in red dresses and the males were dressed in stylishly cut jeans and tees.

Just hours earlier, the group had gone through Bootcamp 2 Bigtime, a day of training for Elmer Olsen's "newest and brightest" talent. Models were offered a rare opportunity to receive advice from industry experts and to meet major agents from New York, Paris, Milan, London, Germany and Tokyo.

Elmer Olsen Model Management is one of the top modelling agencies in Canada and the sponsoring agency of Canada's Next Top Model. The agency held its fourth annual Bootcamp 2 Bigtime Model Showcase last month at the Hyatt Regency hotel in Toronto. The fashion show at This is London concluded the event.

The day started with runway lessons at the Hyatt. "And you girls thought walking was easy," laughed Elmer as he coached a group of aspiring models in the art of perfecting the walk. "Longer strides," he called out. Runway lessons were followed by a lecture series. Among the speakers were international photographer Christopher Wadsworth, and fashion designers Kirk Pickersgill and Stephen Wong of Greta Constantine.

The speakers all agreed that personality is a key component of success in the business. Personality is expressed as a positive attitude and is crucial to a successful model's career. If a model is having a bad day, she has to carry on as though everything is fine. "Modelling is unbelievably difficult," Elmer said, "because you're always 'on.'" In his speech Stephen added, "You have to be professional. It's a job."

Amanda, Jessica, Elise and Taras, all successful Elmer Olsen models, were on hand to share their experiences and offer advice. Models often travel to foreign cities for international shows. "It can get quite lonely," Elise said. But she reassured the group that the benefits of modelling, like the life experience, far outweigh any difficulties.

Another issue for models is maintaining a required weight. Dean Rodgers, an agent at the Marilyn Agency in New York, cautioned that although weight still matters, there's a fine line between thin and too thin. Although designers want their clothing to drape on the runway, they do not want a girl who looks sick. "Being too thin is dangerous and does not guarantee success," he said.

"It's your agent's or manager's job to get you in the door, and the model's job to take it from there. Clients want to work with someone who has a great personality. If you think about it, they're spending all day and sometimes several days on a shoot, and they want to have someone who's enjoyable and professional to be around."
JESSICA LILLEMON
SCOUT, DEVELOPMENT DIVISION, IMG, NEW YORK

What does it take?

What takes a good model to international stardom?

▶ **She should be** 5'10" to 6' — perfect height is 5'11" — with small hips and long, long legs with small ankles, extra slim legs compared to the average. And small busts work better for big designers.

▶ **She must have some** sense of magic — perhaps an other worldliness she projects in her pictures, or a sparkle in the eye. It's so hard to describe, "but trust me, I know it when I see it," says Elmer Olsen. "Think about the unmistakable quality of undone elegance like Daria Werbowy, or the cool tomboy likeability of Amanda Laine."

News in brief

From fine lines and crow's feet, to dark circles, puffiness, discolourations, redness and irritation, Prevage Eye Advanced Anti-Age Serum tackles all the ailments of this tender area with its highly restorative moisturizing ingredients. Prevage hits The Bay, Sears and Shoppers Drug Mart counters starting next month. ($120/15ml)
METRO

Models to walk the runway to challenge fashion industry's idea of beauty

The interchangeable purse

Changing a handbag to match your outfit, occasion or even mood is something most women love to do Now a new designer purse line called Miche Bag makes it easier and less expensive with its magnetic bag 'shells'

ANN-MARIE COLACINO
LIFE@METRONEWS.CA

Women love to change their purses to match certain outfits or suit a particular outing.

The problem is, of course, the expense of buying so many different bags and the common setback of forgetting to transfer all contents when switching styles.

A revolutionary new purse called the Miche Bag helps solve these issues by providing base bags (in varying sizes) with changeable magnetic covers or "shells" that offer different patterns and colours. So you buy the base bag ($100) — available in small (Classic) or large (Max) — which comes with three cover changes for the Classic and two for the Max.

Then you can purchase additional shells if you like ($25 to $50 each).

Here's a diagram of how it works as well as a few of Metro's favourite Miche Bag covers:

▶The Miche Bag is a purse with an endless amount of possibilities with its base handbag and variety of interchangeable shell options.

Ashley, $25
Brown floral pattern textile with brown faux leather closure. (Classic shell)

Wendi, $50
A taupe two-tone faux leather shell with stamped pattern. (Max Shell)

Ellie. $25
Sexy red faux leather reptile print shell includes large silver buckle detail on front. (Classic shell)

Katheryn, $50
A chocolate brown faux leather shell with pleating, side pockets and over-flap. (Max shell)

▶ Available online at michebag.ca

The date your home has been waiting for.

The 2011 IKEA Catalogue arrives August 9th.

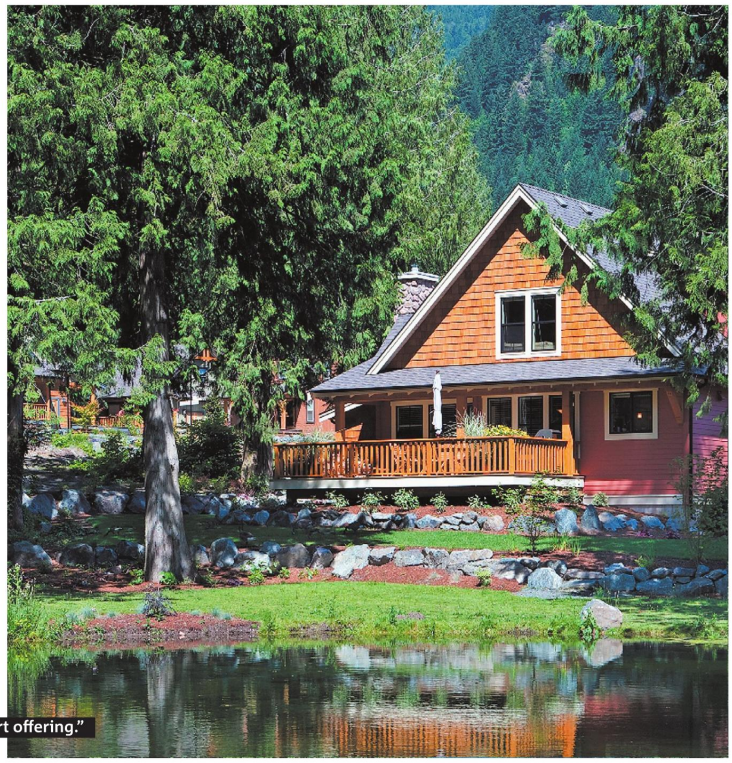
IKEA®

Any space can be beautiful.

© Inter IKEA Systems B.V. 2010.

Just a 90-minute drive from downtown Vancouver can whisk you away from the daily grind of city life to The Cottages at Cultus Lake, where summer can finally feel like a holiday

▶ The Cottages at Cultus Lake development is described as "an outdoors wilderness type of resort offering."



An outdoor oasis home

SUITE TALK

LINA TOYODA
HOME@METRONEWS.CA

"We're on 45 acres of heavily forested land and the site is heavily treed so the cottages are set amongst the cedars and firs and it creates a really nice ambience," says George Hare, president of Higher Ground Project Marketing Inc. of The Cottages at Cultus Lake.

The Cottages at Cultus Lake recently launched phase three of the resort development. The collection — 32 cottages — is now on sale and priced between $369,000 and $629,900.

Architecturally designed in a West Coast style, the two-bedroom cottages with loft options range from 1,086 to 2,600 square feet in size with three colour schemes for its rustic interiors.

Cottages are adorned with large porches both out front and back, perfect for outdoor living with dinners on the grill and dining in the open air.

The lowdown

- The Cottages at Cultus Lake
- 90-minute drive from Vancouver
- Spans 45 acres of heavily forested property
- Prices range from $379,000 to $629,900
- Phase three on sale now, a collection of 32 cottages
- Two-bedroom plus loft option available
- West Coast architectural design
- 10,000 square-foot amenities area known as the Tree House
- Picturesque property design with country roads and private lagoon
- Bordered by Frosst Creek, a Provincial Park and golf course
- cultuslakecottages.com

Hare says they are simply beautiful, quaint cottages.

"The majority of the owners are all families and they range from 35 to 65. The younger group has young children and the older group has their children with their children," he says.

"Most people are buying it for a legacy purchase. They're buying it to hold onto and just to hand down to generations."

To date, 150 cottages have already been sold, and when completed, the all-season recreational development will include 218 cottages.

Known locally as The Tree House, the site also features a 10,000-square-foot amenities centre that includes two outdoor pools, hot tubs, a fully equipped media and games room, fitness centre and a fireside lounge.

Nearby are two golf courses, horseback riding and plenty of water sports. Hare says the area is also home to some of the best fishing in the world.

With no shortage of outdoor recreation, the surrounding terrain offers great hiking, mountain biking and rock climbing.

"It's an outdoors wilderness type of resort offering," Hare said.

7:08 p.m.: your dream girl says yes!

7:09 p.m.: now you need the dream home.

7:10 p.m.
Time for **mortgage** advice.

With longer branch hours and Mobile Mortgage Specialists that come to you, getting mortgage advice is convenient.

At TD Canada Trust we would like to add to the excitement of buying your first home, not the stress. So when it's time to discuss your mortgage options, you can meet with one of our in-branch representatives 8 'til late six days straight (check our website for individual branch hours). Or one of our Mobile Mortgage Specialists can come to you, days, evenings, weekends, even outside of branch hours. Just tell us the "where" and "when" that works for you, and we'll help you understand the "how". It's just another way we're making banking more comfortable.

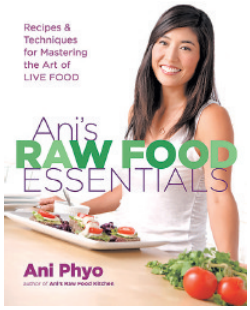
Visit any branch or call a Mobile Mortgage Specialist at 1-888-660-5965. www.tdcanadatrust.com/myhome

TD Canada Trust
Banking can be this comfortable

Veggie chefs make tasty treats without the meat

Summer is the time for delicious foods that can pack a punch, while keeping things on the lighter side What better place to look for some ideas than two new veggie cookbooks from raw foodie Ani Phyo and vegan Terry Romero

Head to head



Who's that lady?

Raw food chef Ani Phyo. The 42-year-old was voted "sexiest raw food chef" in 2008 and 2009 and has also authored Ani's Raw Food Kitchen and Ani's Raw Food Desserts.

The Scoop:

Ani's Raw Food Essentials boasts over 250 creative recipes that challenge the limitations of raw food. It packs a healthy dose of practical advice for those who want to live raw, or just dip your toes in once in a while.

Her philosophy:

"I like to emphasize to people that they don't have to be extreme," says Phyo. "You can add fruits and vegetables and more fresh, whole foods to any diet. Plus, fruits, vegetables, nuts and seeds are all packed with antioxidants to combat free-radical damage and slow the signs of aging."

Favorite recipe:

Pad Thai with kelp noodles. "Kelp noodles are made from a sea vegetable that's packed with minerals. High in iodine, they help regulate our thyroid to balance metabolism."

On-the-go tip:

"I take sheets of Nori with me, which can add flavor to a salad or plump up in water for a snack," says Phyo.

Vegan chef Terry Romero. The 37-year-old Queens resident co-hosted the vegan cooking show Post Punk Kitchen and is a columnist for VegNews. She also co-authored Veganomicon, Vegan Cupcakes Take Over the World and Vegan Cookies Invade your Cookie Jar.

Viva Vegan, Romero's first solo cookbook, audaciously ventures meat-and-cheese-lessly into the heart of Latin American cooking—and brings you 200 vibrant recipes that don't skimp on taste or authenticity.

"So many elements of Latin American cooking are naturally vegan," says Romero. "You have beans, rice and an abundance of fresh vegetables, like corn, chili peppers and squash, and there's so many fruits. You can get the whole spirit, texture and flavors of Latin food very easily without the meat."

The creamy corn-filled empanada. "It's really great, especially now with all the summer corn coming in," says Romero.

"At Latin American restaurants, find out if they use lard in their beans, and see if they use chicken broth in the rice," advises Romero.

MADELINE REDDINGTON

Ice cream as the basis for desserts

Transform commercial ice cream into decadent, customized desserts by adding fresh fruit, nuts, jam and other tasty toppers

You can enjoy commercial ice cream on its own, or have some fun with it by using it as a basis for yummy desserts.

Add a twist with fruit, nuts and other ingredients. Check out these nifty and tasty recipes:

Fruit Salad Parfaits

Preparation:

1. In a medium bowl, combine jam with fruit. Evenly spoon ice cream into 4 parfait glasses. Evenly top with fruit mixture, then granola. Garnish with mint, if desired.

Grilled Banana Sundaes

Preparation:

1. In a small saucepan over low heat, melt butter with brown sugar, about 1 minute. Let stand for 5 minutes to cool; brush on bananas, reserving any extra mixture.

2. Grill or broil bananas, brushing frequently with remaining brown sugar mixture, for 8 minutes or until bananas are heated and lightly golden. Cut warm bananas into 5-cm (2-inch) chunks, then divide among 4 serving dishes.

3. Top with ice cream, drizzle with caramel topping and garnish with pecans.

THE CANADIAN PRESS

Fruit Salad Parfaits Ingredients:

- 75 ml (1/3 cup) strawberry or raspberry jam
- 750 ml (3 cups) sliced fruit (strawberries, pineapple, banana)
- 500 ml (2 cups) light vanilla ice cream
- 125 ml (1/2 cup) low-fat granola cereal
- Mint sprigs, for garnish (optional)

Grilled Banana Sundaes Ingredients:

- 50 ml (1/4 cup) butter or margarine
- 30 ml (2 tbsp) firmly packed light brown sugar
- 2 medium bananas
- 500 ml (2 cups) light dulce de leche or light vanilla ice cream
- 50 ml (1/4 cup) caramel ice-cream topping
- 50 ml (1/4 cup) chopped pecans or walnuts

▶ Fruit Salad Parfaits.

Medley's Restaurant and the Lobby Lounge

Market fresh lunch buffet.
Monday - Friday
11:30 a.m. to 2 p.m.
Only $10.95!

Holiday Inn Downtown
604.684.2151
hivancouverdowntown.com

Japadog has weird, but good, take on street food

Retail location offers more choice than city's famous street carts

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

When you have visitors in town, you have to take them to taste our most famous street food.

So, I took my sister to Japadog.

It's worth going to the retail location. They offer a menu the carts just can't.

Like what, you ask?

How about a larger selection that includes the Yakiniku Rice ($6.25), a pork dog wrapped in a flattened bed of sticky rice topped with grilled teriyaki beef and lettuce.

It tastes fantastic but you should break out the cutlery for this one. I ended up with a lap full of meat when I tried to eat it hot dog style.

A few bucks extra gets you a combo including fries — Japadog style.

There are four different flavour combinations. I got the butter and shoyu ($2.39). Picture fries topped with melted butter, sprinkled with a soy sauce-powdered flavouring and tossed in a paper bag. Like movie theatre popcorn but with fries.

The result is total heaven. The fries are salty, savoury, a little sweet and buttery.

My sister had the classic terimayo beef dog.

Her review? "Weird but good." Indeed.

JOAN CHANG/FOR METRO VANCOUVER

▶ Fries with butter and shoyu ($2.39), Yakiniku Rice ($6.25) and Terimayo dog ($4.75) at Japadog.

Japadog
530 Robson St.
604-569-1158
Hours of operation: Sunday to Saturday 11:30 a.m. to 9 p.m.
Rating: Four out of Five
Reservations: No
Client negotiations: No
Lunch w/co-workers: Yes
Social Lunch: Yes
Quick solo lunch: No
Time in: 11:30 a.m.
Time out: 12:15 p.m.
Low $: $4.75 Terimayo dog
High $: $6.25 Yakiniku Rice and Okonomi dog
Licensed: No
japadog.com

With our low prices, you don't have to get home phone, cable TV and Internet to save on your cell.

From $15 per month

TALK & TEXT
› Unlimited incoming text
› Per-second billing
› No system access fees
› *Fido Rewards*™
› No activation fee. Save $35!

fido
fido.ca/plans

Offers subject to change without notice. Premium texts excluded. © 2010.

Garlic-Balsamic Chicken Kebabs

Ingredients :
- 1/4 cup olive oil
- 1/4 cup white balsamic vinegar
- 1/4 cup dry white wine
- 1/2 tsp hot sauce
- 2 tbsp hoisin sauce
- 4 cloves garlic
- 1/2 tsp salt
- 1/2 tsp whole black peppercorns
- 1 tbsp grated fresh ginger
- 625 g (1 1/4 lb) boneless, skinless chicken breasts
- 1 large red onion

Preparation:

1 In a blender, combine olive oil, vinegar, wine, hot sauce, hoisin, garlic, salt, peppercorns and ginger. Puree until smooth. Reserve half of the marinade.

2 Into a large bowl, pour remaining marinade. Add chicken and onion, then stir gently to coat. Cover and refrigerate for about 1 1/2 hours.When chicken is ready, heat grill to high. Oil grates or coat them with cooking spray.

4 Divide meat and onion chunks among four skewers. Reduce heat on one side of the grill to low. Arrange skewers on the cooler side of the grill, then cover and cook for 6 minutes, turning frequently. Serve skewers with the reserved marinade for dipping.

THE ASSOCIATED PRESS

Drink like a real (old) man

Anyone can pour a glass of bourbon, but it takes some coaching to drink like a proper old man (or use bitters with any real success).

That's where Robert Schnakenberg comes in. For his new book, Old Man Drinks, he compiled retro recipes along with the history of the cocktails and advice from their faithful drinkers.

"There are a lot of variations on how to make something as simple as a gin and tonic," says Schnakenberg of the research process. "I did a lot of taste tests — and then in the morning I cleared my head and adjusted accordingly."

Along with still-familiar classics such as the Cuba Libre, Negroni and Tequila Sunrise, the book also includes forgotten sips such as Satan's Whiskers (gin, vermouth, orange juice, Gran Marnier and orange bitters) and the aptly named Obituary (gin, vermouth, absinthe).

But it's the advice — on everything from women to the dangers of American Idol — by which aspiring old man drinkers will really benefit.

Sometimes nostalgic, sometimes mischievous, it's all from a group of guys in front of whom you wouldn't order a light beer.

"I don't know if I, or anyone, should live by the advice … But I'm certainly inspired by some of it."

MONICA WEYMOUTH

Mix one up

Grumpy Old Man
(From Old Man Drinks)
Use sour mix instead of ginger ale, and this one becomes a "Grumpier Old Man."

What's in it:
- **2** ounces bourbon
- **1** ounce lime juice
- Ginger ale

How to make it:
Pour the bourbon into an Old Fashioned glass. Add the lime juice and top with the ginger ale. Serve.

The date your home has been waiting for.

The 2011 IKEA Catalogue arrives August 9th.

IKEA®

Any space can be beautiful.

© Inter IKEA Systems B.V. 2010.

Lions know they could be better

Crucial errors largely to blame for three of team's four losses

It's the small things that have caused the B.C. Lions the most grief this CFL season.

Late in Friday's 28-25 loss to the Edmonton Eskimos, veteran centre Angus Reid snapped the ball too early.

That threw off the timing of quarterback Travis Lulay, who ended up fumbling away the ball, thwarting a drive that could have resulted in at least a game-tying field goal.

That's the kind of year it's been for the Lions. Mental mistakes, bad penalties and poor decisions have resulted in B.C. riding a four-game losing skid to a 1-4 CFL record.

"It's a little mistake that has a huge consequence," Reid said yesterday as the Lions prepared for this weekend's game against the Calgary Stampeders (4-1) at Empire Field. "They are at crucial times.

"We have to stop that. With the exception of the Saskatchewan game (a 37-18 loss), we haven't really gone out there and gotten beaten by a team. We have hung in there, played well and we have pretty much always made sure we lost the game."

It's not like the Lions are being blown out. Three of the defeats have been by four points or less. What has derailed the Lions is a bad play at the wrong time.

A couple of fumbles by the usually sure-handed Jamal Robertson contributed to a 16-12 loss against the Montreal Alouettes.

A late Lulay interception, which was returned for a touchdown, was the difference in Toronto's 24-20 win. That came after sophomore wide receiver Emmanuel Arceneaux dropped a pass for a sure touchdown.

Blocks have been missed. Receivers have run the wrong route, even run into each other.

Some of the confusion can be blamed on the Lions getting used to Lulay.

The big red-head from Salem, Ore., will get his third start this week as Casey Printers is still hobbled by a knee injury.

"Every time you play, you get better," said Lulay, who completed 16 of 26 passes for just 134 yards and two interceptions against Edmonton.

"You have to find a way to dust yourself off and know every week is a new opportunity to win a football game. What happened last week doesn't matter."

THE CANADIAN PRESS

Up next

The Lions face a tough schedule.

- After playing the Stampeders Saturday, B.C. travels to Regina to face the Roughriders Aug. 12.
- After that the Lions host Calgary again, then travel to Montreal.

JOHN ULAN/THE CANADIAN PRESS

▶ Edmonton quarterback Ricky Ray throws over Korey Banks last week.

100
Offensive co-ordinator Jacques Chapdelaine is being criticized for an offence that has scored just 100 points this season, the least in the league.

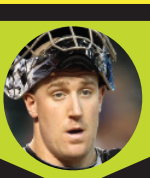
506
Penalties are another major problem. The Lions have been flagged 55 times this year for 506 yards, second most in the league.

115
One bright spot has been the B.C. defence. The Lions have surrendered just 115 points, second least in the West and third least in the league.

4 sports

Up and down

Brett Favre
Vikings offensive co-ordinator Darrell Bevell and Favre's agent both said yesterday that the veteran quarterback plans to play if he is healthy.



John Buck
Toronto's all-star catcher was placed on the 15-day disabled list with a cut right thumb.

SOCCER & RUGBY FANS
REJOICE
FREE PREVIEW: AUGUST 13-22

Starting in August, **Setanta Sports** will feature close to **600** matches in high definition. From the UEFA Champions League to RBS 6 Nations, we have the fixtures that matter most to you, including **exclusive** Barclays Premier League Sunday matches! Visit setanta.com for more info or call your television service provider to subscribe.

SETANTA SPORTS HD
THE HOME OF INTERNATIONAL SPORT
setanta.com

Sports in brief

Tweet irks Lions' Banks

CFL. B.C. Lions defensive back Korey Banks doesn't need Twitter to get his message across.

The sharp-tongued Banks didn't hesitate to give his opinion of Nik Lewis and some of the messages the Calgary Stampeders receiver recently sent on his Twitter account.

"First of all, Nik Lewis is an idiot," Banks said yesterday. "I ain't scared to say it."

Banks wasn't happy with a tweet Lewis sent during the Lions' loss last week to the Edmonton Eskimos.

"Does anyone in B.C.'s defensive backfield hit anybody above the knees?" Lewis wrote.

THE CANADIAN PRESS

JIM MCISAAC/GETTY IMAGES

▶ Alex Rodriguez connects on his 600th career home run yesterday.

A-Rod reaches 600 with style

Alex Rodriguez added his own memento to Monument Park, even though retirement remains years off.

After struggling to hit his 600th home run, A-Rod reached the milestone with his usual dramatic flair. He became the youngest player to attain the mighty mark and did it by driving a pitch over Yankee Stadium's centrefield fence and into the area where the pinstriped greats are remembered. And, remarkably, he did it exactly three years to the day after his 500th homer.

"That's amazing," Rodriguez said. "To the day."

His two-run, first-inning drive off Toronto's Shaun Marcum put New York ahead, and the Yankees coasted to a 5-1 victory over the Blue Jays on a sweltering afternoon. The win ended the Yankees' three-game losing streak.

156
Rodriguez admitted to using steroids while playing for the Texas Rangers from 2001-03, a span when he hit 156 homers.

Rodriguez went 9-for-46 after homering July 22, the longest stretch between Nos. 599 and 600 for any of the seven to reach the mark. He was hitless in his last 17 at-bats.

"It was a relief just to put it past me," he said. "There's no question I was pressing 'cause I wanted to get it out of the way."

A-Rod reached the milestone after a 12-game drought, connecting with a 2-0 pitch over the middle of the plate for his 17th home run of the season.

Frankie Babilonia, a 23-year-old in his second-year as a Yankee Stadium security guard, retrieved the ball and gave it to his supervisor, who had it passed on to Rodriguez. Babilonia got to the ball because another security guard in the area was on break, and he was rewarded with an autographed A-Rod bat.

Babilonia said it was his job to turn in the ball, and he never thought about trying to keep it. In January, the ball a fan caught for A-Rod's 500th homer was auctioned for $103,579.

Babilonia called the day "at the top" of his life experiences.

"Later on in the years, if I ever have children, I'll let them know I was the one who caught the 600th ball," he said.

At 35 years, eight days, Rodriguez joined a club that includes Barry Bonds (762), Hank Aaron (755), Babe Ruth (714), Willie Mays (660), Ken Griffey Jr. (630) and Sammy Sosa (609). The next youngest was Ruth at 36 years, 196 days, in 1931, though he did it in 183 fewer games.

THE ASSOCIATED PRESS

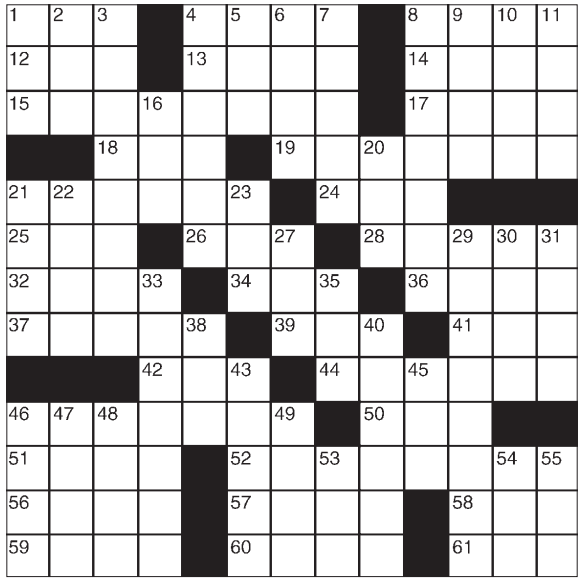
A forever favourite!
FITFLOPS Walkstar Black
The famous FITFLOP classic Walkstar sandal, it's the flip flop with the gym built-in™.
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

EXPERIENCED DEALERS
Multiple Positions
• Must be 19+
• 1 – 2 years experience in:
Blackjack
3 Card Poker
4 Card Poker
Texas Shootout Poker
Send your resume to
ewcareers@edgewatercasino.ca
Where Winners Work! • www.edgewatercasino.ca
Edgewater Casino DOWNTOWN VANCOUVER

STOP HAIR LOSS
Spectral DNC - the world's most effective hair loss treatment.
Uses active ingredients to treat androgenic alopecia and other types of hair loss.
Clinically proven to regrow hair.
Suitable for men and women.
604.688.4555
433 davie street
shopmasc.com
masc

100's OF DEALS!
SUMMER SALE
UP TO 50% OFF
Hot Buy Save 40% on our best proteins
GNC LiveWell.
Check out the 100's of money saving offers in the GNC Summer Flyer. Read it at: www.gnc.ca and at www.flyerland.ca Enter gnc in the store name.
Visit GNC.ca for the location nearest you

Crossword



Across
1 Space
4 Enthusiasm
8 "Take — Train"
12 Ms. Thurman
13 Approximately
14 Sauce thickener
15 Element in laughing gas
17 Storybook villain
18 Run smoothly
19 Spray can
21 Investigated
24 Tear
25 Trail the pack
26 Accomplished
28 Transfer
32 Finished
34 Conger, e.g.
36 Portrayal
37 Doctrine
39 "Humbug!"
41 Depressed
42 Existed
44 Put on ice, maybe
46 Moods
50 Lingerie item
51 Singer Amos
52 X-ray discoverer
56 Settled down
57 Shakespearean baddie
58 Before
59 Got up
60 "No —" ("OK")
61 Arrest

Down
1 Pistol
2 Parisian pal
3 Disease cause
4 Raced
5 Work unit
6 Away from port
7 Unsocial type
8 State cop
9 Swine
10 Continental coin
11 Ice skater's leap
16 Abrade
20 Disencumber
21 Scenario
22 Carry on
23 Conk out
27 Society newbie
29 Cause of a fat lip?
30 Lotion additive
31 Lascivious
33 Edit in the extreme
35 Fond du —, WI
38 — chi
40 Mingle
43 Disrobe
45 Leftover scrap
46 Luminary
47 Game played on horses
48 Eye part
49 Take to the skies
53 Id counterpart
54 Historic period
55 Kan. neighbour

▶ Yesterday's answer

B	E	G	■	O	P	A	L	■	E	C	H	O
E	A	U	■	D	A	L	E	■	T	O	A	D
E	R	R	■	D	R	I	V	E	H	O	M	E
P	L	U	M	B	■	■	Y	O	N	■	■	■
■	■	■	M	A	G	I	■	N	I	T	E	R
H	O	M	E	L	A	N	D	■	C	O	L	A
A	B	A	■	L	U	C	I	A	■	R	A	T
P	E	R	U	■	L	A	N	D	L	I	N	E
S	Y	L	P	H	■	S	A	D	E	■	■	■
■	■	■	B	O	A	■	■	R	A	J	A	H
L	I	N	E	D	R	I	V	E	■	O	W	E
I	D	E	A	■	T	O	E	S	■	W	A	R
P	O	E	T	■	S	U	E	S	■	L	Y	E

Sudoku

6		9			7		8	
				4	2			3
5				1		2		
		8					9	
		2	8		1	3		
	3					5		
		5		7				6
7			2	5				
	9		4			7		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	7	4	3	8	5	1
5	3	8	1	6	2	4	7	9
1	4	7	5	9	8	2	6	3
3	2	5	4	8	1	6	9	7
8	1	9	6	7	5	3	2	4
7	6	4	2	3	9	1	8	5
2	8	1	3	5	7	9	4	6
9	5	6	8	1	4	7	3	2
4	7	3	9	2	6	5	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Matthew D, I love being your Geek! Marry Me **CRYSTAL DUBOIS**

My one & only Atuts to the B, Just want you to know how much I love you and how much you mean to me. Marrying you is the best thing that ever happened to me. My Darling with a capital D, when I count my blessings, I count you twice. Love you loads, **NIPS**

Dear Nader, I am so happy to have you in my life. You are an awesome husband! Happy Birthday to you, and I wish you all the best! Love you! **NOUSHIN**

To the most important people in my life right now, my boys, Javon & Nakaii Danvers, you're the reason I breathe, my motivation to wake up every morning and face the world. I love you more than life itself. **LOVE MOM**

Today Mainly sunny 24° / 17°
Friday Mainly sunny 21° / 16°
Saturday Showers 40% 18° / 16°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

The Weather Network Download WeatherEye to your smartphone.

♈ Aries March 21-April 19 The planets are generally in your favour at the moment but you must not take too much for granted. Today's omens warn you could be in serious trouble if you gamble unwisely.

♉ Taurus April 20-May 21 Both at home and at work you would be wise to play safe today, even in situations where you feel you are in control.

♊ Gemini May 22-June 21 There are days when it seems as if the whole world is against you but deep down you know it isn't true. One particular person may be giving you a hard time.

♋ Cancer June 22-July 22 Good news on the money front will lift your spirits and give you an excuse to go out and celebrate. But don't celebrate so much that you find yourself in debt again.

♌ Leo July 23-Aug.23 The more others say you are doing something wrong the more convinced you will be that you are doing it right. Only you know what your long-term aim is, so only you can decide on the best way to reach it.

♍ Virgo Aug. 24- Sept. 22 Because the Sun is transiting the most sensitive area of your chart at the moment, you seem to be spending a lot of time looking back. That's okay — the more you look back now the quicker you will move forwards later.

♎ Libra Sept. 23-Oct. 23 You'll get the red carpet treatment today and you thoroughly deserve it. But don't play the big star in front of people who resent your popularity.

♏ Scorpio Oct. 24-Nov. 22 It's good to believe that your future is bright but take care that your optimism does not get the better of you today.

♐ Sagittarius Nov. 23-Dec. 21 You are strongly advised to think before you act today. This may be one of the best times of the year for you, but that does not mean you can abandon common sense — or common decency.

♑ Capricorn Dec. 22-Jan. 20 By all means compromise today but don't give in too easily and give others the impression that you can be manipulated. Negotiations will go better if you make the effort to bargain a bit. It's expected of you.

♒ Aquarius Jan. 21-Feb. 18 The effects of the past two days' worth of challenging aspects are still being felt, so you are advised to take it easy today. Everything is going according to plan — you really don't have to rush things.

♓ Pisces Feb. 19-March 20 If you want to break free of certain habits, now is a good time to try. You may or may not succeed but you will gain valuable insights into what makes you tick. SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

THE ASSOCIATED PRESS

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM
club metro

FLIGHT CENTRE Unbeatable
Whistler Fairmont
2 Nights + Golf
from $125◊
taxes & fees included
INCLUDES Chateau Whistler accom and 2 rounds of golf per room.
BONUS Children ages 10-18 pay just $40 per round or FREE with paying adult.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change.

FLIGHT CENTRE Unbeatable
Puerto Vallarta
from $75
+ taxes & fees $290
INCLUDES roundtrip air.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change.

Voted the best mobile phone.[1] Now with an offer to match.

ONLY FROM BELL

Palm® Pre™ smartphone

3-yr. term	No term
$0[5]	$299.95

SAVE $299.95

with a $50 voice and data plan.

Get $15 off a Smartphone plan.

NOW $35/MO. | Save $540 over 36 months

- 100 anytime local minutes + 100 bonus minutes
- Unlimited nights & weekends (6pm–7am)
- 500 MB of data

Choice of one feature:

- Unlimited nationwide talk and text to and from 5 numbers[2]
- Unlimited text messages[3]
- Double anytime minutes

BONUS: Get 6 months of unlimited local talking.[4]

Voted the best mobile phone at the 2009 Consumer Electronics Show.

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell saving just got better

Available at the following Bell stores:

LOWER MAINLAND

ABBOTSFORD
- 31935 South Fraser Way
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Brentwood Town Centre (kiosk)
- Lougheed Mall
- Marine Way Market
- Metropolis at Metrotown

CHILLIWACK
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DELTA
- Scottsdale Centre

DAWSON CREEK
- 600 – 113th Ave.

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

LANGLEY
- Walnut Gate
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre
- Richmond Centre (Kiosk)
- Sands Plaza

SURREY
- 10362 King George Hwy.
- 13630 – 72 Ave.
- 8363 –128th St.
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre
- Surrey Central City Mall

VANCOUVER
- 567 Seymour St.
- 698 West Broadway
- 1008 West Georgia St.
- 1100 Robson St.
- 1588 West Broadway
- 1709 Lonsdale Ave.
- 2154 West 4th
- Capilano Mall
- Chinatown Plaza
- Lynn Valley
- Oakridge Centre
- Pacific Centre
- Park Royal N.
- Park Royal S.

OKANAGAN

CASTELGAR
- 635 Columbia Ave.

KAMLOOPS
- Aberdeen Mall
- Inside Real Canadian Superstore
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

QUESNEL
- 259 Reid St.

VERNON
- Village Green Mall

WILLIAMS LAKE
- Boitanio Mall

VANCOUVER ISLAND

NANAIMO
- Woodgrove Centre

VICTORIA
- Bay Centre
- Hillside Shopping Centre
- Mayfair Shopping Centre
- Westshore Town Centre

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · FUTURE SHOP · THE SOURCE · booth the telephone booth · Visions Electronics · Available at Walmart Save money. Live better. · WIRELESSWAVE

Offer ends August 5, 2010; with new activation. Available with compatible devices within network coverage areas available from Bell Mobility. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Other monthly fees, e.g., 911 (Quebec: $0.40, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50), and one-time device activation ($35) apply. Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Based on phones evaluated at the Consumer Electronics Show 2009. **(2)** Applies to local and Canadian long distance calls and text messages made to and from five numbers chosen by the customer. **(3)** Sent messages include domestic text messages and exclude international, roaming, alerts, premium text messages and messages sent with an instant messaging application. Roaming messages include international GSM, CDMA and U.S. CDMA messages. Received messages include domestic, international, roaming and service related messages from Bell and exclude premium, alerts or dial-up messages. Out of bundle charges may apply. Data usage charges apply to picture & video messages. **(4)** With a 3-yr. term on a post-paid voice. **(5)** With new activation on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of $50/mo. Palm and Pre are among the trademarks or registered trademarks owned by or licensed to Palm, Inc.